



The Medic's Crisis Planner

A practical emergency health and wellness planner for the woman who keeps calm, heals others, and prepares for both physical and emotional crises.

1. Emergency Medical Contacts

Primary doctor or clinic: _____

Emergency contact: _____

Local hospital: _____

Veterinarian contact: _____

Important allergies/medical conditions: _____

2. First Aid & Medical Inventory

Bandages & gauze checked: Yes / No

Antiseptics & disinfectants stocked: Yes / No

Pain relief medications rotated: Yes / No

Prescription medications updated: Yes / No

Thermometer & diagnostic tools packed: Yes / No

3. Herbal & Natural Remedies

Herbal teas stocked: _____

Tinctures/salves available: _____

Essential oils stored safely: _____

Natural remedies researched/tested: _____

4. Trauma & Mental Health Preparedness

Grounding techniques practiced: _____

Comfort items packed (blanket, tea, journal): _____

Breathing exercises reviewed: Yes / No

Mental health support plan: _____

5. Hygiene & Sanitation

Soap & sanitizer stocked: Yes / No

Menstrual care supplies checked: Yes / No

Waste disposal plan prepared: Yes / No

Water purification supplies ready: Yes / No

6. Medical Skills Practice

☐ CPR reviewed

☐ First aid refresher completed

☐ Wound care practiced

☐ Emergency scenarios reviewed

☐ Medical bag reorganized